

## Dirty Dozen 2014

On a yearly basis the Environmental Working Group (EWG), a non-profit advocacy agency, issues a Shopper's Guide to Pesticides in Produce, which includes a list of the most pesticide-contaminated produce called the "Dirty Dozen". The list helps you shop smart and reduce your pesticide exposure by indicating which fruits and vegetables you should consider buying the organic version of.

For the past few years they have included two runners up called the Dirty Dozen Plus, which are produce that didn't quite fit into the top dozen list but have trace levels of more dangerous pesticides. EWG also provides a "Clean Fifteen" list, which are the least pesticide-contaminated produce and ones that you could purchase the conventional variety of.



The most pesticide-heavy fruits and vegetables have been released for 2014.

### Dirty Dozen:

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet Bell Peppers
8. Nectarines (Imported)
9. Cucumbers
10. Cherry Tomatoes
11. Potatoes
12. Snap Peas (Imported)

### Dirty Dozen Plus:

1. Hot Peppers
2. Kale/Collard Greens

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## Clean Fifteen:

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbage
5. Sweet Peas – Frozen
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet Potatoes

Source: <http://www.ewg.org/>